

## **Guide to initial sessions: Be prepared to discuss these topics...**

1. Tell the group about yourself – what you consider to be the highlights and key stages of your life or career, including any particular achievements, or anything you want them to know. What is your story? What do they need to know to support you?
3. What are the key personal and professional areas that you would like to address through mentoring?
4. What do you expect from a mentor?
5. How would you consider the mentoring to succeed? How would you evaluate the mentoring?
6. Who has been a good mentor to you in the past?

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**This section is based on a coaching handbook provided to participants to the Emerging Research Leader Programme 2014**

### **Getting prepared to being coached**

Taking each question in turn, work your way through the questionnaire, drawing on your own experiences. What you write is for your eyes only. You don't have to write a lot, and there are no "right answers"- the most important part is the thinking.

Q1 Who has had the most influence on you in your life? What specifically made it easy for them to influence you?

Q2 Who has enthused and motivated you the most in your life? What specifically made it easy for them to enthuse/motivate you?

Q3 What did you most respect these individuals for?

Q4 Who has had the least influence on you? What caused this?

Q5 Thinking of your answers to the above, what are you looking for in a coach?

Q6 What are you personally hoping to gain from being in a coaching relationship?

Q7 What are you prepared to give to help the coaching relationship to be successful?

Q8 What aspects of being coached are you likely to find most easy or difficult? What aspects are you likely to find most or least satisfying?

Q9 How are you going to use and share this knowledge to help your coaching relationship to be successful?

**Thinking through what you want from a coaching relationship**

Having clear objectives and communicating these to your coach, will ensure that your relationship maintains the focus and drive that it needs to meet your objectives.

The following section is intended for you to summarise your thoughts and identify your key priorities. You can use the headings that are most useful/relevant to you- this is something you can use to share with your coach when you first contact them and you first meet them.

- Success for me in the future looks like... (describe it in words, pictures and graphics and be as creative as you like):
- The leadership skills/knowledge/abilities/mindset I would most like to develop are....
- The support/feedback/guidance I need from a coach are ...
- .... In order to:
- I will know when I am progressing when:
- The results I would like to see at the end of my coaching relationship are: